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School Lunch Tips for Families

The Food and Nutrition Service has suggested a number of ways schools can reduce the amount of salt, sugar, and fat in meals they serve to children. Here's how families can use the same suggestions.
Page 6



Food Help for Mothers and Children

USDA has two programs designed to meet the special needs of low-income mothers and young children. One is the Commodity Supplemental Food Program, or CSFP. The other is the Special Supplemental Food Program for Women, Infants, and Children, known as WIC. **Pages 8, 10**



Living with Inflation

Most of us have felt the pinch of inflation in recent years. But for families with very low incomes, inflation is a real hardship. In this article, two people who use food stamps talk about what it's like to live on fixed incomes. **Page 2**

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Living with Inflation

With food prices going up 22 percent over the past 2 years, the poor may once again be in danger of going hungry because of the difference between their incomes and the price of food.

Most of us have felt the pinch of inflation over the past year as prices have gone up and the purchasing power of our dollars has dropped. But while the incomes of most Americans have risen with inflation, incomes of the poor have barely inched upward.

"It spells hardship for some when prices rise more than 13 percent in 1 year, as they did in 1979," said David deFerranti, an economist and associate administrator of the U.S. Department of Agriculture's Food and Nutrition Service.

"The incomes of food stamp households are not faring well against rapidly rising consumer prices," he said. "Over the past 4 years, the consumer price index for all goods went up 30 percent, more than four times the increase in the average income for food stamp households."

The income of an average family on food stamps rose only 7 percent over the past 4 years, compared with a 40-percent boost in the incomes of other Americans. "After you adjust for inflation," said deFerranti, "food stamp households have less buying power than they did 4 years ago."

The gap between middle income Americans and poor Americans is growing much wider, according to data collected recently by USDA. As Assistant Secretary Carol Tucker Foreman explained, "The average food stamp household has only \$320 in income each month, while the average American household has an income of \$1,500 per month."

Most of the 19 million food stamp participants are children, elderly people, handicapped people, and mothers with small children. In fact, children under age 18 make up about 50 percent of those who get food stamp benefits.

These people face inflation with incomes that barely pay for necessities. The poor already spend 90 percent of their incomes on necessities, compared with 60 percent for the general

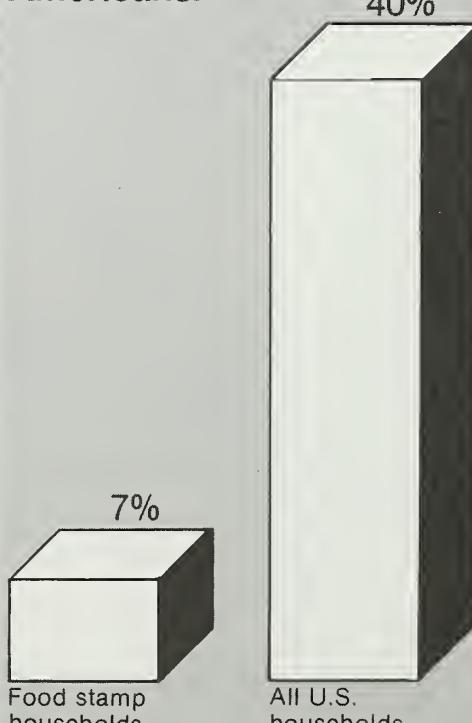
population. And the price of necessities has gone up faster than the cost of other items, rising 34 percent over the past 4 years.

The cost of food alone rose 9.5 percent in 1979, and the outlook for 1980 is that food prices will rise another 8 to 9 percent.

The people who use food stamps don't have resources to fall back on when expenses get tight at the end of the month. At least 60 percent of the people on food stamps have no assets at all, and nearly 95 percent have assets under \$1,500.

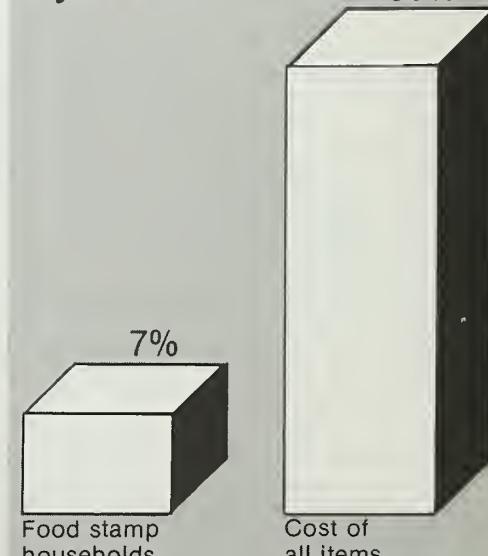
At least 20 percent of food stamp households rely solely on supplemental security income (SSI) or social security payments for their income. In short, the people on food stamps are those who are least able to supplement their own incomes and

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Increase in Income*

Over the past 4 years, the consumer price index for all goods went up 30%, more than four times the increase in the average income for food stamp households. The price of necessities has gone up faster than the cost of other items, rising 34% over the past 4 years.



Increase in Consumer Prices*

“After my savings were exhausted and I had redeemed my last savings bond, I didn’t know what to do. I’d done everything I could for myself. I wasn’t eligible for social security, and I was too young to collect my civil service retirement.”

fend for themselves.

Making ends meet

Statistics aside, what is it like to live on social security and buy groceries with food stamps?

Lois Mear, a former civil servant who worked for 19 years at the Treasury Department, had planned to live on her savings. “I had anticipated that I could live on my savings 15 years easy, 20 years skimping,” said 61-year-old Lois. “But I didn’t anticipate inflation.

“I managed to live 15 years on my savings, but I didn’t live, I existed,” she said.

Lois suffers from congenital scoliosis, a double curvature of the spine, as well as progressive arthritis. She left the Treasury Department in 1959, but found out too late that application for disability retirement had to be made within a year of separation. “I kept thinking, ‘I’m going back to work’,” she said.

“After my savings were exhausted and I had redeemed my last savings bond, I didn’t know what to do. I’d done everything I could for myself. I wasn’t eligible for social security, and I was too young to collect my civil service retirement.

“Before I found out about food stamps, I would buy bent cans of food and take my chances with ptomaine poisoning,” she said, in her quick, soft southern drawl. “Sometimes I’d open those cans, and they’d pop clear up to the ceiling . . .

“I found out the only way to protect your rights is to learn the law,” she said, leaning forward, eyes sparkling. “I got the food stamp regulations and found I’d been qualified for more than a year. I met the requirements for general relief as well, and I applied for both programs.”



Living With Inflation

Currently, Lois lives on \$208 a month from supplemental security income. From this she pays:

Rent (subsidized by "Section 8" funds from the Department of Housing and Urban Development)	\$ 53.00
Telephone (long distance calls only to her 84-year-old mother in Texas)	\$ 20.00
Household, personal supplies, clothes	\$ 60.00
Food (not counting food stamps)	\$ 24.00
Transportation (bus)	\$ 8.00
Recreation	<u>\$ 10.00</u>
Total expenses	\$175.00
Total income	\$208.00
Amount left in cash	\$ 33.00
Food stamp allotment	\$ 24.00

The \$33.00 cash Lois is putting by for a new bed someday soon, and a trip home to see her mother. She also uses it to get to meetings of local community action groups to which she donates time and inspiration.

For Lois, the \$208 in SSI and \$24 in food stamps are essential. She doesn't waste a penny. "I keep a lock on the telephone so no one can sneak in calls," she says. "And I make a roll of paper towels last a year!"

True to her strong Texas heritage, she has been a leader in making sure food stamp participants get the benefits to which they are entitled. Her interest led to her current position as chairman of the Virginia food stamp advisory council.

"I really only got involved in self-defense," she's quick to point out. "I don't think of myself as an advocate, but that's what people are starting to call me."

Budgeting for two

Making ends meet becomes even harder when a couple lives on one person's social security income, as 84-year-old Ernest "Pop" Warren and his wife Ann do.

"It's frightening to have to go to the store knowing full well that you're not going to be able to buy what you need," Pop said, sitting in the small but cozy living room of the apartment for which he pays more than half his total income in rent. His monthly rent is \$119.

"It's still extremely hard, but without the Food Stamp Program it would be nearly impossible for poor people to live," said Pop.

"I walk into the store, and sometimes I pick up a piece of meat, look at it, and then lay it down again," he sighs in a deep, gentle voice.

Both Pop and Ann are diabetics on special diets, and the green vegetables and fresh fruits they need are expensive. The meats they could eat they are not able to buy, because even chicken is priced too high for the Warren's food budget.

"The dinner we fix on Sunday we make last through Tuesday, or sometimes Wednesday," Pop said. "But there are so many other things that you have to buy, and there's so little cash."

"You'd be surprised how many people there are who, if their food stamps are even a day late, just don't get food that day. Lots of them simply don't have any food in the house."

Every month Pop Warren gets \$228.30 from social security, and

\$5.90 from supplemental security income, a total of \$234.20 to pay his monthly bills:

Rent	\$ 119.00
Utilities (gas and light) ..	\$ 47.00
Telephone	\$ 10.00
Total expenses	\$176.00
Total income	\$234.20
Total cash left	\$ 58.20
Food stamp allotment ..	\$ 79.00

The \$58.20 left in cash must cover not only household and personal supplies for both Pop and Ann Warren, but it also must keep their car running. Because of back and leg problems, Pop can't walk more than a block or two, so he has to have a car.

Also, because of his injuries, Pop's doctor tells him he must keep warm, so he can't skimp on heat. This winter he got a one-time payment of \$102 to help pay fuel costs, and that helps, he said. But, he added, utility bills for December and January just about depleted that money.

"I do think the government is trying to help," said Pop, but he feels some change is needed in the way the Food Stamp Program is set up.

"You have to go down there about 6:30 or 7:00 in the morning, and sometimes even then you don't get interviewed until after 12:00. It's hard for me, but not as hard as it is for those people with one leg, or those who have to use walkers."

"I think it's harsh that someone my age and in my condition has to go back so often to be recertified for food stamps," he said. At the time of the interview, Pop was not aware that food stamp rules allow elderly people with stable incomes to be certified for up to 12 months.

Until 1972, Pop had worked from the time he "was 12 years old and had to walk a mile and half to work to earn 50 cents a week." His working days included time with Greyhound

“It’s frightening to have to go to the store knowing full well that you’re not going to be able to buy what you need. It’s still extremely hard, but without the Food Stamp Program it would be nearly impossible for poor people to live.”



Bus Lines and the Algerian Embassy.

“If there’s anything I can say to help someone else get some help to make life better for them, then I’ll do it,” he said. “The Food Stamp Program is wonderful . . . but more people need to know about it.”

Changes should help

Currently the Food Stamp Program reaches between 60 to 70 percent of those who are eligible. Benefits are tied to the consumer price index for food, and the amount of stamps each participant gets is adjusted every 6 months. This January, for example, Lois Mear’s allotment increased from \$20 to \$24 per month, and the Warren’s allotment went up from \$74 to \$79 per month.

The average food stamp benefit is less than \$35 per person each month, which works out to about 38 cents per person for each meal.

Recently, Congress has made some changes in the Food Stamp Program to help elderly and disabled participants deal with rising consumer costs. As a result of a change that went into effect in January, many elderly and disabled people qualify for a special medical deduction that allows them to subtract from their monthly income medical expenses exceeding \$35.

This deduction will make some households eligible for food stamps, and will increase food stamp benefits for some households already participating in the program.

To help participants face increased energy costs, the Food Stamp Program is not counting as income certain payments given to help the poor pay for heating bills.

In this uncertain time of inflation, an elderly working man named Pop Warren can say of using food stamps, “I’m proud, because I’ve paid my dues. I’ve worked my whole life, maybe for a little, but I gave all.”
by Jane Mattern

School Lunch Tips for Families



“... techniques developed to reduce the fat, sugar, and salt in your child’s school lunch can help improve your whole family’s diet.”

An offended host once said a guest who salts food before tasting lacks judgment, and one who salts food after tasting lacks manners.

By that standard, both manners and judgment may be good for you. According to guidelines issued jointly in February by the Department of Agriculture and the Department of Health, Education and Welfare, eating too much salt can be harmful—and so can eating too much sugar and fat.

In choosing and preparing the best foods for you and your family, the guidelines offer this advice:

- Eat a variety of foods.
- Maintain ideal weight.
- Avoid too much fat, saturated fat, and cholesterol.
- Eat foods with adequate starch and fiber.
- Avoid too much sugar.
- Avoid too much sodium.
- If you drink alcohol, do so in moderation.

Last fall, as part of new regulations for the National School Lunch Program, the Department of Agriculture recommended that schools reduce the amount of salt, sugar and fat in meals they serve to children. To help schools do this, nutritionists with USDA’s Food and Nutrition prepared guidance materials with suggestions on selecting, buying and preparing foods.

In the following paragraphs, Dr. Audrey Maretzki, head of the Food and Nutrition Service’s Nutrition and Technical Services Division, tells how families can use these same suggestions at home.

Tips for families

“First,” said Maretzki, “keep temptation out of easy reach. Keep the salt shaker and sugar bowl off the table.

“Second, plan meals carefully. Enter menus on a chart. Check off dishes high in sugar, fat and salt, and look for acceptable substitutes.

“Replace fruits canned in heavy

syrup with fruits packed in natural juices, water or light syrup. Instead of fruit drinks and sodas, serve fruit juices, perhaps mixed with carbonated water to add a little fizz.

“Replace desserts high in fat and sugar with fresh fruits or with cooked fruits served piping hot for full flavor. Also, serve dishes that use fruits for sweetening—for example, baked apples filled with raisins, or rice pudding sweetened with dried fruit.

“Homemakers should keep in mind that substitutions and new combinations of food must please their families. After all, uneaten food provides no nutrition. If some family members especially like foods such as chocolate milk, you don’t have to cut out these foods, but serve them less often.

“Cooks don’t need much salt to season foods. Salt is already used to flavor and preserve many of the processed foods we buy. Among them are bacon, dill pickles, pretzels, potato chips, commercially prepared soups, sauces, mixes and gravies.

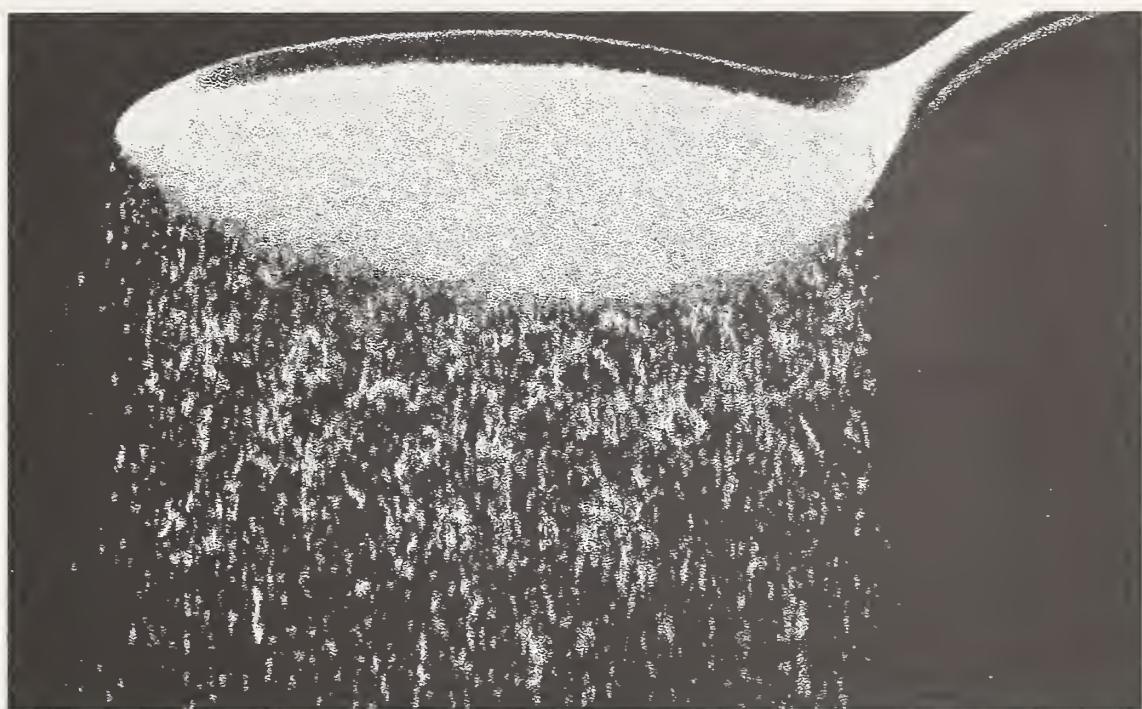
“There’s sugar in soft drinks, baked goods, preserves, ice cream, sweet pickles and in a large percentage of processed foods.”

By selective shopping—reading the labels on foods you buy—you can choose more intelligently between different brands, she said. “Food labels list ingredients in decreasing order as a share of the total product weight. Some labels also list nutrients and give the amount of fat and sodium in a product.”

Maretzki pointed out that three Federal agencies—the Department of Agriculture, the Food and Drug Administration, and the Federal Trade Commission—are working to make labels more informative and easier to understand. The agencies are now considering comments they’ve received on a joint plan published in the Federal Register December 21.

In preparing foods...

In addition to shopping selectively,



Maretzki said, cooks can look at options in their own kitchens. They can serve cakes without frosting, for example, and meats without gravy. They can also try using smaller amounts of fat, salt and sugar in recipes.

"But," Maretzki added, "remember the story of the cook who discourages rivals by passing along a recipe with a crucial smidgin' of difference. Fat, sugar, and salt do more than impart flavor. The amounts used may affect other functions as well."

Fat transfers heat when foods are fried and helps make baked goods light and tender. Salt helps preserve foods and tenderizes certain meats. Sugar affects the texture of foods, and in some cases, acts as a preservative, Maretzki said.

She suggested making changes little by little, one ingredient at a time. Substitute ingredients where possible. Use skim or lowfat fluid milk or nonfat dry milk to replace whole milk or cream in many recipes and soups.

"There are a number of recipe books available to help you make such substitutions," Maretzki said. "For example, the American Heart Association and Weight Watchers both have recipe books."

"To use less fat," Maretzki

suggested, "you can bake, broil or oven-fry chicken, fish, and french fries. To prevent foods from sticking to pans, you can use panliners, like aluminum foil or waxed paper, instead of shortening.

"Measure the sugar, fat and salt you add while cooking," she continued. "An extra dash of salt, dollop of butter or pinch of sugar in the peas may satisfy your creative urge at the expense of other precautions. Instead, add color and contrasts to dishes with a slice of radish, cucumber, tomato, lemon or orange, or a sprig of parsley or sprinkle of paprika.

"These techniques developed to reduce the fat, sugar and salt in your child's school lunch can help improve your whole family's diet," said Maretzki.

by Wini Scheffler

You can get single free copies of the dietary guidelines by writing to: Department 656H, Consumer Information Center, Pueblo, Colorado 81009. Ask for the brochure, "Nutrition and Your Health."

Reference to trade names or products does not imply endorsement or discrimination by the U.S. Department of Agriculture.

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WIC

Food Help for Mothers and Children



Harvard study shows WIC is effective

A recent study indicated that the Special Supplemental Food Program for Women, Infants and Children (WIC) is helping minimize incidents of low birth weight and other health-related problems among newborns, thus averting major medical costs.

The study, done at the Harvard University School of Public Health, reveals that each \$1 spent on pregnant women in the WIC program results in an estimated \$3 savings in hospitalization costs for low birth weight babies.

WIC, open to low-income pregnant and breastfeeding women, and children up to age 5, is a program designed to alleviate malnutrition and its related health problems. The program provides supplemental foods and nutrition education as an adjunct to good health care.

Each month participants get individually prescribed packages of foods high in protein, iron, calcium, vitamin A and vitamin C. Depending on the age and nutritional needs of the mother or child, the package includes such foods as iron-fortified cereal, eggs, juice, and either milk or fortified infant formula or cheese.

Most WIC clinics give participants vouchers to exchange for specific items at authorized grocery stores, but some clinics distribute the foods directly or have them delivered to participants' homes.

Study done in four areas

The purpose of the Harvard study was to find out whether WIC is successful in reducing incidents of low birth weight, and whether the benefits of WIC exceed the cost.

Researchers worked in four areas of Massachusetts, using information covering a 5-year period, January 1973 through February 1978. They collected data on more than 1,300 women—918 women who were participating in WIC, and 410 women who were not. The data reflected biological and social characteristics of the women, as well as information on how long and to what extent they had participated in WIC.

Using an equation to predict low birth weight, researchers determined the predicted incidence of low birth weight for 627 women who were participating in WIC and for 329 who were not. They found that WIC women had a predicted incidence of low birth weight of 3.4 percent, compared to 14.6 percent for non-WIC women. These results strongly suggest that WIC helps decrease the

chances of low birth weight in the target population it serves.

Costs vs. benefits

But do the benefits justify the costs incurred to achieve them? To answer this question, researchers compared the cost of providing WIC services and foods to 627 participants and the cost of in-hospital treatment for low birth weight infants.

During the period of the study, the daily charge per patient per day was \$450. The comparison took into account the average length of hospitalization for low birth weight infants, bearing in mind that as birth weight decreases, the length of hospitalization increases.



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The total costs of WIC, including the cost of the supplemental foods, plus hospitalization costs for infants born at low birth weight in spite of the WIC program, amounted to \$230,134. Had WIC not been available, the incidence of low birth weight babies among the 627 WIC mothers would have been 14.6 percent. Total hospitalization costs for these additional low birth weight infants would have been \$715,914.

The figures show a cost/benefit ratio of 3.1 to 1, indicating that WIC is a valuable health prevention program that more than pays for itself.

By Carolyn Williams

For more information, write:
Eileen Kennedy
Office of Policy, Planning, and
Evaluation
Food and Nutrition Service
U.S. Department of Agriculture
Washington, D.C. 20250



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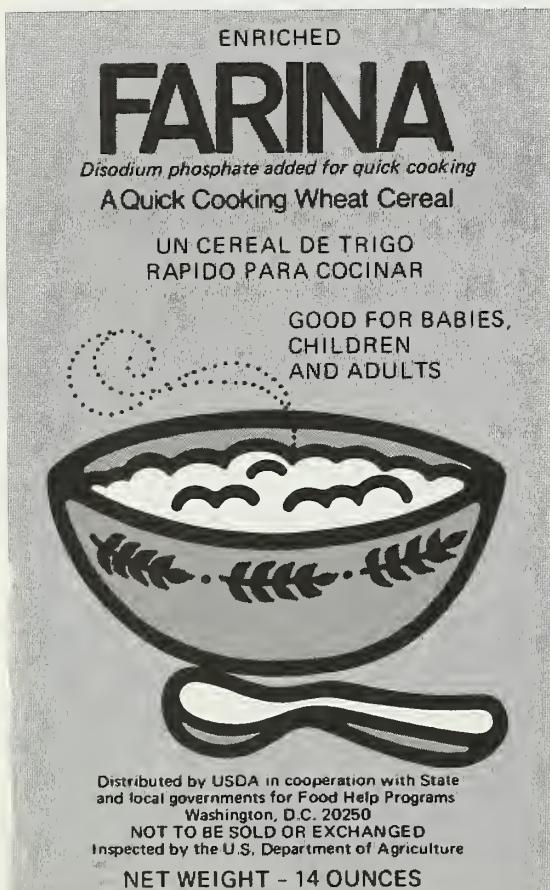
Food Help for Mothers and Children

CSFP gets a message of support

This summer Focus Hope, a Detroit anti-poverty organization, received the following message from a young mother participating in their Commodity Supplemental Program:

"I just want to take this time to thank you at Focus Hope for helping to feed my family. My two children, ages 6 months and 22 months, have grown to be very healthy, thanks to the formula and other important food items.

"Again, thank you and may God bless all of you at Focus Hope for your beautiful program.—Monica Henderson



Enriched farina, tomatoes, and orange juice are a few of the foods USDA donates for use in the CSFP. The foods come in attractively labeled cans and packages.

Not only in Detroit, but nationwide, agencies operating the Commodity Supplemental Food Program are helping a lot of people like Monica Henderson and her children.

The Commodity Supplemental Food Program (CSFP) is administered nationally by the U.S. Department of Agriculture. The program offers low-income mothers and children a chance to get the nourishing foods they need for good health.

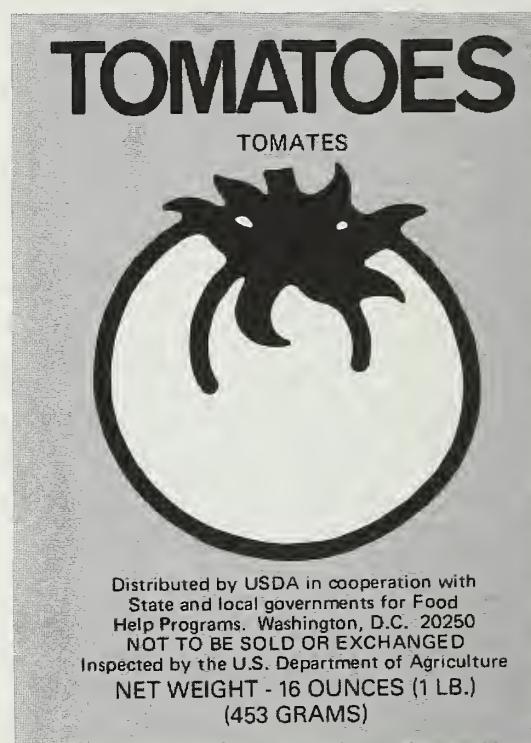
How the CSFP works

The Commodity Supplemental Food Program provides nutritious foods at no cost to supplement the diets of pregnant and breastfeeding women, and children up to age 6. The Food and Nutrition Service, which administers the program for USDA, donates supplemental foods to State agencies for distribution, and also provides funds to State and local agencies to cover some of the administrative costs of the program. The local agency is then responsible for distributing supplemental foods to participants.

Foods available through the CSFP include infant formula or evaporated milk and corn syrup blend; instant nonfat dry milk; instant mashed potatoes; enriched quick-cooking farina; egg mix; peanut butter; canned boned chicken or turkey, or canned beef with natural juices; and canned vegetables, fruits, and juices.

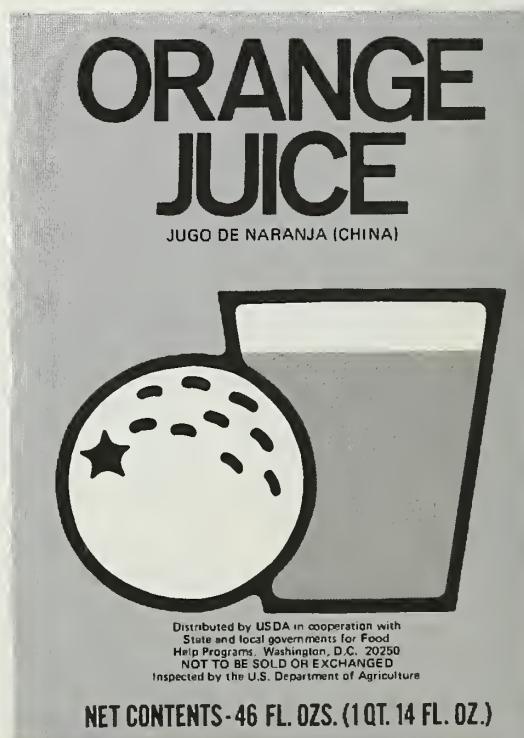
Currently approximately 100,000 women, infants and children participate in the program, which is operated by 11 State agencies and 29 local agencies around the country.

To take part in the program, women and children must qualify for benefits under a Federal, State, or local food, health, or welfare program for low-income people. Along with individually prescribed supplemental foods, participants get nutrition education.



A message of support

In December 1979, State directors of the CSFP and of the Special Supplemental Food Program for Women, Infants, and Children (WIC) convened in Albuquerque, New Mexico, for the first national State directors meeting on program management. Assistant Secretary of Agriculture Carol Tucker Foreman was on hand to open the



ceremonies. She brought a message of strong support for both the CSFP and WIC.

"I am happy to be here today to express to you, in the strongest possible terms, [our] . . . unwavering commitment to both WIC and the Commodity Supplemental Food Program," she said. "Secretary Bob Bergland believes they are among the highest priorities in the entire Department. He believes, and I concur, that they should rate the same high priority in the Federal government as a whole."

She reassured the State directors that CSFP was not "a forgotten program."

"I want to lay to rest, if I can, the perception that CSFP is a stepchild of the supplemental food programs, and that we at USDA give it lip service, but little else," she said.

"It's true," she admitted, "that we don't have the same data for CSFP as we do for WIC. But that's not due to lack of interest. It's due to lack of legislation.

"When the WIC legislation was enacted, some people thought CSFP would die. That didn't happen and won't happen," Foreman emphasized. "And the reason it didn't and won't, is because of the tremendous local support for the program where it exists.

"By the standards of most Federal programs CSFP is small—serving about 100,000 people in the entire Nation," she said. "But," she added, "'Small is Beautiful' . . . is still true sometimes, and CSFP is one of those times. We know that from Focus Hope in Detroit with its 35,000 caseload, from Indian reservations in Minnesota and South Dakota, from San Francisco, Denver, New Orleans, Omaha—all the places where CSFP operates and operates well.

"I reaffirm to you," she said, "our belief that *both* WIC and CSFP have unique functions and *both* make unique contributions to the people we are trying to help."

USDA asks for advice

Foreman briefly discussed the Department's current revision of CSFP regulations. She voiced several key issues the regulations need to address and urged CSFP administrators to give the Department their recommendations as to where the program should go in the future.



A DRIED PRODUCT
EGG MIX
HUEVO EN POLVO

Use this Mix to make
scrambled eggs and a variety
of other cooked dishes, such
as muffins.

USDA
INSPECTED
EGG PRODUCTS

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State and local governments for Food
Programs. © 1980, U.S. Department of Agriculture.
NOT TO BE SOLD OR EXCHANGED

Ingredients: Whole eggs—not less than 52%; nonfat milk—not
less than 31%; corn oil or soybean oil—not less than 15%;
salt—not more than 1% thereof.

After water is added to Egg Mix, eat at once.
Contents—about 1-1/4 cups Egg Mix
NET WEIGHT—6 OUNCES
(170 GRAMS)

Along with supplemental foods, CSFP participants get lessons on nutrition and food preparation. Above: A county health department staff member explains how to use egg mix. Below: Nutritionist Marian Wade demonstrates how to make corn creole with USDA foods.

"Do we need additional legislation?" she asked. "Should the program be more structured? How about connections to health care and nutrition education? How can CSFP and WIC mesh better in areas where they exist cheek by jowl? Or should they?"

"Your answers to these questions, or your opinions on whether they are even the right questions, are crucial to a sound, effective program," Foreman said.

"Our programs are good and they are working, but there is still a great unmet need for WIC and CSFP services," Foreman reminded her audience. "The programs will never grow to meet those needs unless the administration of the programs grows better as they grow bigger. That job is up to you."

"There is another task you must take on," she added in closing. "We live in a time when government and government programs generally are held in minimally high regard. Some of that is deserved—but much is not. . . . You are responsible for an important government program that is working well and is reducing a serious health problem. . . ."

Tell the people in your communities about the good things WIC and CSFP are accomplishing for them. They should know that their communities are better, that health costs are reduced, that retardation is diminished because pregnant women and children are eating better . . . that there is reason to support a system which will not let the poor live hungry and sick in the midst of plenty."

Costs and benefits

A report from the Focus Hope organization on the cost-benefit effectiveness of its Commodity Supplemental Food Program in Detroit, is illustrative of the program's effectiveness nationwide.

In July 1979, USDA provided supplemental foods to 32,126 women and children participating in the Detroit CSFP program, at a cost of \$549,839.17. The retail value of these same or equivalent products in a Detroit chain supermarket was \$809,673.02. Thus, the commodities were purchased for approximately 67 percent of the prevailing chain retail price.

The retail value of these same or equivalent products in a Detroit inde-

pendent supermarket, where most inner-city residents and recipients of food supplements shop, was \$1,197,399.92. The commodities were purchased for approximately 46 percent of the prevailing independent retail price.

"I firmly believe," said Eleanor Josaitis, associate director of Focus Hope, "that the CSFP gets the greatest amount of food to the most people for the least amount of money to the taxpayers. Hunger is a major problem, and USDA has responded to this need by getting food to people who really need it through this program."

"The CSFP gives pregnant and postpartum women a greater chance



in life," added Josaitis, who is a member of the National Advisory Council on Maternal, Infant, and Fetal Nutrition. "And children strongly benefit as well—they can stay on the program until they are 6 years old and start school."

Beginning a program

Josaitis has this advice to offer communities wanting to begin a CSFP. "First you need to go out into the community and assess the need of the people in your area," she said.

"Find an articulate spokesperson who is willing to help get the program off the ground, and invite that person to be part of the solution."

"Get everybody involved," she urged. "Invite people in the community to participate. That's the beauty of this program—everyone can play a role in getting it started and working."

Several different kinds of local agencies may operate the CSFP. Local CSFP agencies may be public facilities, such as county health departments, or they may be nonprofit private facilities. They may also be units of the Indian Health Service or Indian tribes or groups recognized by the Department of the Interior that operate health clinics or have health services provided by the Indian Health Service.

To join the CSFP, local facilities submit an application to the State agency administering the program. Usually, either the State department of health, education or welfare has responsibility for the CSFP. In some States, the CSFP is administered by agencies having responsibility for both health and welfare—State departments of rehabilitative services, for example. Once approved, local agencies arrange for health professionals to prescribe specific supplemental foods for CSFP participants.

"You must understand and follow the rules established by USDA for the program's administration," said Eleanor Josaitis. "But the program is simple to start, and it's worth it."

"We at Focus Hope are willing to help communities in any way possible to start a program," said Josaitis.

"We believe in the program," she said. "It works."

by Carolyn Williams

For more information write:

Eleanor M. Josaitis
Associate Director
Focus Hope
1355 Oakman Blvd.
Detroit, Michigan 48238
Phone: (313) 883-7440

Jennifer Nelson
Director, Supplemental Food Programs Division
Food and Nutrition Service
U.S. Department of Agriculture
Washington, D.C. 20250

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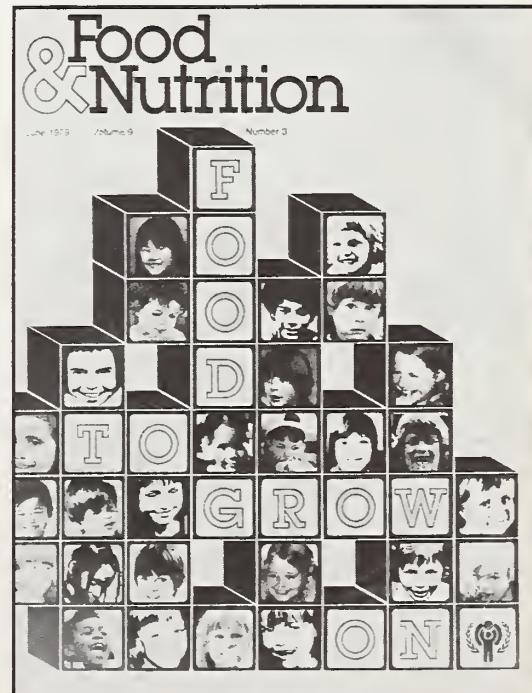
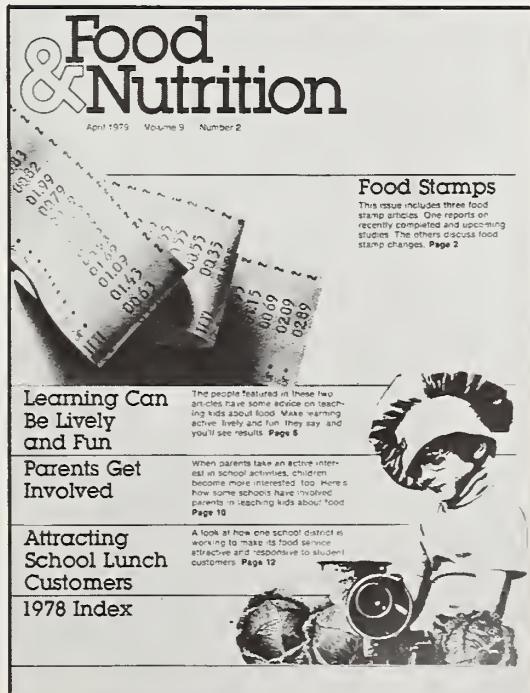
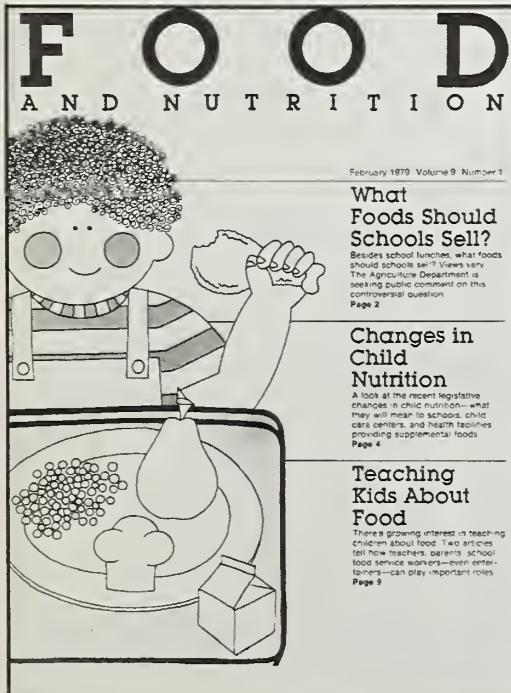
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Bob Greenstein
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Jan Kern, Editor
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